

Patients screened for the study
over a 12 month period N=306

Patients who did not meet inclusion
criteria and/or met exclusion criteria
N=232

Patients eligible for study
N=68

Patients who refused to
participate (N= 40)
-work commitments= 5
-travel difficulties= 6
-declined= 12
-mental illness= 6
-severe co-morbidities=11

Patients randomised into the
study N=28

3 patients withdrew from the
study

13 patients randomised to the
control group

12 patients randomised to the
intervention group

